ARTICLE OF FOOTWEAR HAVING AN EMBEDDED PLATE STRUCTURE

ABSTRACT OF THE DISCLOSURE

An article of footwear includes a sole with a midsole. A midsole plate includes a lateral fork member and a medial fork member configured to provide flexibility to the phalanges bones during ground engaging actions. The midsole plate includes a plurality of perforations configured for air communication within an upper of an article of footwear. A midsole plate may include a phalanx portion, a metatarsal portion and a midfoot portion corresponding to a foot of a wearer. The phalanx portion, the metatarsal portion, and the midfoot portion each have a different stiffness with respect to each other.